

Imperium Sensus

Sensory Control Training Manual

V2

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Foreword

Imperium Sensus roughly translates to “control senses” in Latin. This manual is a scientific look into what would otherwise be covered by several esoteric belief systems. Whether it be chi, some form of energy work or in some cases even tulpas or thought forms. These belief systems are rarely understood by rational, skeptical people. The matter of modernizing this knowledge is paramount and not very hard. We’ll approach this from a calm and rational point of view from here on in. These are manipulations of the senses.

This short manual is an attempt to help fellow psychonauts, in their quest of exploring the human mind. With my blessings come a warning, this book is not for the easily frightened. There are things in this book that overused can cause some damage, possibly even permanent damage to your senses. My hard earned knowledge has cost me some temporary side effects including losing feel in my foot for a month. You have been warned, weigh your options carefully.

Switches

Switches help separate normal functions from what we're doing. They can take pretty much any form, they can be a posture or trigger word. This signals to the less conscious mind that you are about to enter an altered state of consciousness or we wish to turn off the effects. I would suggest having both. It is important to have an on and an off button.

What you choose is up to you, just don't make it something you normally do.

Meditation

It can be good to get in tune with your body for these exercises. It may also help to be able to control yourself well. Meditation offers the possibility of both. Some simple zen meditation is enough of a primer. Focus on your body.

What you want to do is relax your body but keep your back straight, just let your thoughts come naturally and don't force them. You can learn a great deal about yourself by doing this, where your mind naturally goes. It may be important to note that the thoughts you do not try to think come from the surface level of your subconscious. If you find your thoughts disturbing then don't do the advanced exercises, as those let your subconscious control things. It can bring about some strange results.

Bravery

Fear is not good for the mind, it is your worst enemy in the advanced exercises. Your subconscious can create illusions based on fears. When you play with your senses the last thing you want to do is be afraid, I cannot stress that enough. You however, shouldn't stress yourself over things, it simply does nothing good to your mind

Basic Exercises

Touch

We'll start with touch, which is the easiest to control. The key to learning how to manipulate your sense of touch is to "think in three dimensions". Getting yourself to feel certain parts of your body is the first step.

Touch One : Mindful Meditation :

This is just an introduction for people who have no experience with just sitting there and feeling their body. This is the kind of awareness you need to manipulate your sense of touch. Start by getting into a comfortable position and just focusing on parts of your body. Do you feel that sort of tingling sensation when you focus on a body part? Wiggle your foot and pay attention to the movement of each muscle. You should start to realize your awareness of your body is fairly superficial at best, it takes focus to be aware of all the little movements and feelings. Practice this for as long as it takes for you to be aware of your body before you move on.

Touch Two : Happy Feeling :

The next is to hold on your feelings and make them last longer. Imagine of something that makes you happy, perhaps a memory. Focus on the feeling of joy, the feeling within your body and try to hold it where it is. Practice this for some time until you are able to keep the feeling of happiness within your body even after happiness itself fades.

The next step is to increase that happiness energy. Think of something that makes you happy again. This time when you hold the happiness energy try to increase it, make it more intense. Focus on the area and imagine it growing stronger, it doesn't have to be the whole area. It may help to extend your arms as if you're waiting for someone to come dashing into your arms. I don't know why that posture helps but there you have it. Your ability will increase with time, keep going.

Touch Three : Changing Feelings :

Once you have mastered two we can begin getting to the good stuff, controlling the feeling to a greater degree. Do exercise two but this time imagine an invisible ray of light coming down and changing the feeling to better one. Thinking within space is important here, place your thought energy. Imagine as if your whole body is a thinking device and you're thinking very hard. Any kind of feeling can be produced, proceed cautiously.

Once you can change that feeling you will be a large step closer to be an Impersen master. You will be able to be happy whenever you want. It will be tempting to be happy all the time. I would against too much of a good thing. Use in moderation.

Touch Four : Dulling Pain :

Once you have mastered exercise three you've come far enough to dull your pain. This is a tricky one, it takes a lot of focus to hold it. Should you find yourself in pain it will be very useful.

What you need to do is focus on a part of your body. Normally there will be pain if you're using it properly. Once you are focused on it you should be able to change the feeling to numbness or perhaps another feeling on top of it. The latter is easier, you can change it to whatever you imagine with practice.

Touch Five : Projection :

Projection is important for controlling other senses.

Adopt a very open posture, as with exercise two. Arms wide open as if someone is about to come running and hug you. What you want to do is think of someone you love. Imagine them standing there in front of you. Now feel love for them, feel as if they're your favourite person in the world. Now reach out to them with your energy. It's sort of like moving your soul, is the best I can describe it. If you're having trouble imagine a light shining from you, this light is made of emotional energy. This seems to have a strange effect on birds, for whatever reason. It's possible that it creates an electromagnetic field they can sense. Discover if this is true, I'm not certain of it.

Another method is to focus on a particular spot on something. Imagine rays coming from your eyes and piercing the surface of the object.

Important Break – Notes

Let's take a breather before we move on. It will be hard to wrap your head around things you've experienced at this point. It's possible you have had some bad experiences, perhaps some bad feelings. It's ok to slow down. Making it this far means you can probably do the other exercises without too much trouble. If you skipped ahead please go back and do the exercises.

Taste isn't much different from touch except it's on your tongue, you should be able to

reproduce tastes of things you've tasted. Taste is simple an extension of feeling, a more accurate feeling.

Sight

Sight One : Colours :

Find a white object as this is the easiest to layer another colour over. Black being the hardest colour to layer another colour over. Use that outward projection from touch five, focus on a particular spot on the object. Either reach out to it or imagine you eye lasers (haha) trying to pierce it. Now try to change the colour, the easiest colour to change it to is a bright yellow. First you must imagine the colour in your mind. It may help to believe such a thing could be done, as belief has a profound effect on the human mind. It may take many hours of practice to accomplish this.

Sight Two : Images :

Anything you can imagine can be projected in your view, quite literally. Picture your desired image while closing your eyes. It helps if the image is a bright white as you must project it into your eyelids at first, because that is the easiest way. It helps if you have a good ability to picture images as well. Now focus on a larger area this time and try to project the image there. You won't be able to right away, with practice you can close your eyes and do math on the chalkboard that is your eyelids.

Similar steps are taken while the eyes are open. It does take a lot of focus though.

Note

Sight is sort of limited in it's scope. Hearing is even more limited in that it's sort of one dimensional and easy to understand. Once you create a sound it's just a matter of placement. It's all created the same way. Hearing can be the hardest to control however, despite it's simplicity.

Hearing

Hearing one :

Now let's use our focus again. Focus on an object in front of you. This time instead of projecting a feeling or color use your thoughts to emit an imaginary sound. This can be very difficult, it may take a long time to master. It may help to imagine the sound waves

rippling through the air towards the object, imagine it bouncing off the object. You may end up with a ringing sound in your ears. If so don't continue the exercise for some time.

Important Break – Warning And Concepts

This is where things get crazy, literally so. Most of the advanced exercises tap into your subconscious mind, which may produce more permanent results. Do not use these unless you want to risk temporary or perhaps even permanent hallucinations. Most people would be wise to stop here.

Here we come to two concepts. The first is the affect of belief on the subconscious. Belief is the source of bias, what may not know is it changes the way we interpret our environment. In the case of mental creations it can change them completely. You can create a mental character simply by believing there is one. Belief can have an effect on your feelings, thoughts and even health. Belief is part of the advanced exercises and one of our tools of sensory control.

The second tool is the trance, the state of being half awake in some respects. A trance is the more effective tool overall than the first. It allows us to tap directly into the subconscious mind and implant suggestions. This is what self hypnosis is. It's an extremely versatile tool. Our next section will cover how to enter a trance.

It is important to note that most temporary hallucinations can be eliminated by either believing they will go away, ignoring them or entering a trance and implanting a suppression of them. Do not go beyond this page if you're afraid as it may increase the chances of getting them and make them harder to rid yourself of.

Trances

Now we come to how to achieve a trance state. Which can be difficult without practice. There are several methods that can be used and I'll try to cover each of them. One thing I noticed while entering a trance state is that I often hear some sudden noise or voice. That can be hard to get past, try to stick with it and get to accessing the subconscious mind. It is not recommended you lay down during entering a trance state as you may fall asleep. It is also not recommended you stand as you may fall over.

Mantra is the first method. Sitting down and repeating a word or words. It may help to repeat a word that relates to what work you're trying to do with your subconscious mind. Like saying "meaningless" over and over if you wish to switch the hallucinations to a neutral arrangement of meaningless shapes or meaningless sounds.

Music is our second method. Repeating beats and music, like the repeated beat of a drum, can be used to achieve a trance. Try to use something that deeply relaxes you. Make sure to sit comfortably, trying to relax your body.

Controlled breathing is the third method. Just focusing on the breathes you take. You can keep your eyes open but it makes it more difficult to achieve the trance state. It also helps to sit in a meditation posture. Sitting down with your arms in your lap and your back straight. Remember to focus on your breathing as this is essential.

Repetitive movement can also induce a trance state. Watching a pendulum swing back and forth is a very good way to get there. It can be difficult with the eyes open but it is otherwise a good method.

Visualization is the last technique and can be very powerful. Visualize yourself floating, doesn't matter if you mess up a bit and get details wrong, keep practising. Imagine yourself walking down some stairs towards a trance state or visualize a door that once opened give you access to your mind. It can take a bit of experimentation but ultimately it is a good method with practice.

Advanced Exercises

Advanced Touch

Advanced Touch One :

This exercise may require you to be in pain, depending on your method of getting rid of the pain. This requires you to have mastered the dulling pain exercise in the basic section as your mind will need to know how to do it. Once you've mastered the

technique it's a matter of getting your mind to numb the pain for you. This may require some strange thinking but it can be worth it. First technique to achieve this is belief, if you are in tune with your subconscious it should be easier to get results. So believe something, anything is blocking your pain. You may use several methods to block it but be very specific about the belief. The source of the pain blocking can be some god you believe in or simply a force of some kind (may the force be with you). Your subconscious will latch onto the idea and try to produce the effect. It may help to imagine an old clock ticking away, with each tick the pain becomes less.

The second part of this exercise is reserved for the trance technique. Same basic idea, you want to implant something in your subconscious mind that produces the effect. This is a bit more versatile, in that you don't really have to believe in something you don't normally believe. Enter the trance and implant the idea that your pain will stop or change. Self hypnosis for pain relief is as effective as a heavy pain relief medicine.

In some ways these techniques are simpler than the basic exercises. They do however require the ability to block pain.

Advanced Touch Two : Standing Hair :

With a lot of practice you could even make your hair stand on end. This is hard to master, unless you tap into your subconscious mind. That is an option but for this exercise let's do it consciously. You should be able to produce some kind of tingling feeling in your arms. With practice you can use a cold feeling to make your hair stand up at will. It helps to believe it's real coldness as this makes the illusion complete for your mind. The true mark of mastery is mastering this exercise.

Advanced Touch Three : Sexual Feelings :

I've had a great deal and fun and issues with this one. You can make any part of your body feel extremely good. Anyone who mastered the basic exercises has probably tried this (just human nature).

What you really need to know is that it can be hard to stop doing this. Just giving you fair warning. How far this goes depends on you. You can go full personal reality with some time and patience. It's tempting, possible heaven on earth. Keep in mind though, you cannot control everything your subconscious does easily. This has probably caused more issues for me than anything else. It can easily cause uncontrolled temporary or perhaps even permanent hallucinations. Your subconscious is wired for sex, your biological purpose, obviously. Your mind may make pleasure on it's own, it's very risky.

If you want an imaginary lover it's important to create a peaceful character. Just as you

wouldn't allow a threat near you. Decide who they are wisely, pick very good personality traits, some may become annoying with time. Keep it simple and don't fear them. One thing that may help is focusing on an area and think as if you're taking a piece of yourself and creating something. In other belief systems this is a tulpa, thought form or elemental, it may help to research them. Don't be foolish with this stuff, please.

Advanced Sight

The only thing I can really teach you about sight at this point is how to make persistent stuff. The two methods to do this are the belief and trance methods. The limits are your imagination. Make an image for your character you made, you probably have already. Project them into your environment if you want or wire your subconscious into doing it.

Be careful not to make something that is too large, it's possible it could obscure your vision completely. It also may be hard to get rid of, so play it safe. I certainly hope you don't hurt yourself in some way. As a final note this can cause effective blindness and necessitate anti-psychotic medication.

Advanced Hearing

Advanced Hearing One :

There's not much left I can teach you. We are near the end. I'm sure you've already guessed what this one does. This is for more permanent auditory creations. The two methods are belief and trance state. Both methods appear to be effective. It may help to fully imagine the character speaking, the tone and all. Give your character a pleasant voice.

Final Word

There are some things I have not tested that could theoretically be done with information from this manual. In theory one could lighten their vision, perhaps even seeing better in the dark. I have no personal experience with this and have never done it. I have been personally tempted to withdraw into a fantasy world, life is hard sometimes. I always stop before it becomes unmanageable though. These exercises are meant to help, not harm, however knowing these things is a dark gift (not like vampirism) at the best of time. I hope it's a great help to you without the hindrances I have experienced. Thank you for reading.